

# inspiration

## Dr. Elaine Christine Inspires Peace through Science



by Donna Anselmo

"If you could see your mind with the clarity of a palm print, you would be able to follow the process of your thinking," said Dr. Elaine Christine. That level of understanding can help people reduce the risk involved with times of uncertainty and change.

Dr. Christine developed a process for "bringing peace to every mind" that closely mirrors the scientific process she outlined in the book, *Managing Risk: Methods for Software Systems Development* in 1998. The world's expert in software risk management, then Elaine M. Hall was awarded a doctorate in computer sciences following her dissertation on software risk management in 1995; it laid the foundation for applying risk management principles to complex software development. Later, the practice she submitted on behalf of Harris Corporation was voted the nation's "best practice" by the Airlie Software Council.

In 1996, she headed to London, England, New Zealand, and other countries to teach software risk management to engineers involved with various space programs. Dr. Christine (then Dr. Hall) had worked for Harris Corporation before heading to Fort Belvoir, VA, to train government program managers. "The practice was important for organizations such as NASA," said Christine, whose clients included the Federal Reserve Bank of San Francisco, the Defense Logistics Agency in Washington, D.C., and the legal counsel of Lockheed Martin, in Eagan, Minnesota.

Today, she applies the same principles to her teachings at Aquaterra, the learning center she opened for inner transformation and spiritual development in a serene waterfront setting in Merritt Island.

"We know our thoughts are powerful. What we don't know is how they look, so we don't see the model of how they work," said Dr. Christine. By applying the scientific risk management process she developed to the process of thinking, she created a visual, three-dimensional model for thought processing that helps people see the flow beneath the mind's surface.

Early in her career, Dr. Christine had worked to ensure global peace by protecting military software systems from intrusion. In 1998, she decided to foster peace on a grassroots level, person-to-person. "Thoughts, beliefs and perceptions are at the root of problems that cause people to go to war. By helping people understand their thoughts and emotions, I am hoping to create more peaceful people. People who feel inner peace will create more peaceful outcomes in the world."

Based on that thought model, she focused on helping people raise awareness of how thoughts, issues, and perceptions of risk—and the potential for resolution (which creates peace)—can shift inside the mind.

"When people lose their sense of peace, they are not at ease. It's as if their mental system has been breached and they need to learn how to track their thoughts to deal with the issues that took peace away. A visual model gives them the framework and provides a pathway for helping to manage feelings when someone perceives personal risk. That helps influence outcomes.

"Risk generally manifests as feelings of stress, anxiety, sadness, fear, or discomforting emotions that take away inner peace," Dr. Christine explained. "By following a six-step process, people can quickly understand and address what took their ease and map themselves to a resolution. This is what Einstein meant when he said you can't solve a problem on the level it was created.

"When we write computer programs, we input information and run it through a course of dependencies; if this, then that. Like a generic software program, the mind can run any thought. It works like the scientific method. When someone approaches the peace process, (s)he may be upset about a job, finances, or worried for a child entering the military. People need a way to process that. So we begin on the right side of the brain, the emotional, creative side. You always begin where people are. Then you meet the thought in the swamp and help give it words by applying a left-brain logical process."

The six-step peace process includes discovering what event or belief stole the peace; visioning what would bring peace by seeing it as if you already have it; planning how to achieve it; working the plan by consciously sending love to it; measuring how well the process worked, and valuing the process by evaluating and owning what came out of it for you.

"It helps to go through the process with a guide," said Dr. Christine, who trains facilitators. "I now plan to work with at-risk teens because risk lies in the interfaces, the spaces between places, between childhood and adulthood."



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